

DIABETES NEWSBEAT



Nebraska Department of Health and Human Services ✕ Diabetes Prevention and Control Program

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The Nebraska Diabetes Prevention and Control Program (NDPCP) is a Centers for Disease Control and Prevention grant funded program designed to help reduce the burden of diabetes in the State of Nebraska. The NDPCP works in partnership with the American Diabetes Association (ADA) and local community and healthcare groups statewide to provide education and assistance with minimizing health problems which may result from diabetes. The NDPCP focuses on prevention through education.

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KEEPING A FOOD DIARY DOUBLES WEIGHT LOSS

Something as simple as just keeping a food diary can double a person's weight loss according to a study from Kaiser Permanente's Center for Health Research. The findings come from one of the largest and longest running weight loss maintenance trials ever conducted.

Funded by the National Heart, Lung and Blood Institute at the National Institutes of Health, the study is one of the few studies to recruit a large percentage of African Americans as study participants (44 percent). African Americans have a higher risk of conditions that are aggravated by being overweight, including diabetes and heart disease. In this study, the majority of African American participants lost at least nine pounds of weight, which is higher than in previous studies.

The more food records people kept, the more weight they lost, said the author Jack Hollis, Ph.D., a researcher at Kaiser Permanente's Center for Health Research in Portland, Oregon. Those who kept daily food records lost twice as much as those who kept no records. It seems that the

simple act of writing down what you eat encourages people to consume fewer calories.

In addition to keeping food diaries and turning them in at weekly support group meetings, participants were asked to follow a heart-healthy DASH (Dietary Approaches to Stop Hypertension) diet rich in fruits and vegetables and low-fat or non-fat dairy, attend weekly group sessions and exercise at moderate intensity levels for at least 30 minutes a day. **After six months, the average weight loss among the nearly 1,700 participants was approximately 13 pounds.** More than two-thirds of the participants (69 percent) lost at least nine pounds, enough to reduce their health risks and qualify for the second phase of the study, which lasted 30 months and tested strategies for maintaining weight loss.

More than two-thirds of Americans are overweight or obese. If we all lost just nine pounds, like the majority of people in this study did, our nation would see vast decreases in hypertension, high

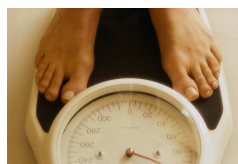
cholesterol, diabetes, heart disease and stroke, said study co-author Victor Stevens, Ph.D., a Kaiser Permanente researcher. For example, in an earlier study Stevens found that **losing as little as five pounds can reduce the risk of developing high blood pressure by 20 percent.**

"Keeping a food diary doesn't have to be a formal thing. Just the act of scribbling down what you eat on a Post-It note, sending yourself e-mails tallying each meal, or sending yourself a text message will suffice. **It's the process of reflecting on what you eat that helps us become aware of our habits, and hopefully change our behavior,**" says Keith Bachman, MD, a Weight Management Initiative member.

Every day I hear patients say they can't lose weight. **This study shows that most people can lose weight if they have the right tools and support.** And food journaling in conjunction with a weight management program or class is the ideal combination of tools and support.

American Journal of Preventive Medicine, August 2008

For information on a healthy diet go to mypyramid.gov



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KNOW YOUR MEDICATIONS

There is a lot you can do to make sure you get the most benefit from your medications and also stay safe. The more you know about the medications you use, the better you can be sure you are using them correctly. **Learn the following about each medication you take, prescription or over-the-counter, so you will understand what it does and how to use it.**

This information should be on the medicine bottle or patient information sheet that comes with it. If you don't understand the information, ask your doctor or pharmacist.

- Medication name (brand name and generic)
- Size, color and imprint on pill
- Dosage
- Common side effects
- What to do for side effects
- When to call your doctor
- Other special instructions
- Prescribing physician and phone number
- Pharmacy phone number



Keep this information readily available and inform others where to find it.

Here are some medication safety tips that can help you make sure your medication works safely:

Medication DO's

- ☆ Take each medication exactly as it has been prescribed.
- ☆ Make sure all your doctors know about all your medications.
- ☆ Let your doctors know about any over-the-counter medications, vitamins, supplements, and herbs that you use.
- ☆ Try to use the same pharmacy to fill all your prescriptions so they can help you keep track of everything you are taking.
- ☆ Keep all medications, both prescription and over-the-counter, out of reach of children.

Medication DON'Ts

- ★ Don't change your medication dose or schedule without talking with your doctor.
- ★ Don't use medication prescribed for someone else.
- ★ Don't crush or break pills unless your doctor instructs you to do so.
- ★ Don't use medication that has passed its expiration date.
- ★ Don't store your medications in locations that are too hot or too cold. (The bathroom cabinet may not be the best place due to heat and moisture.)

Summary of article from WebMD

Small Step #95: Drink Lots of Water

LIVING WITH DIABETES AND PREVENTING EYE DISEASE

If you are living with diabetes, eye problems or changes in your vision could lead to permanent loss of vision. The Nebraska Optometric Association (NOA) recommends that an annual dilated eye exam top your preventive care list.

An indicator of diabetes may be blurred vision from macular edema (this occurs when damaged blood vessels leak fluid and lipids onto the macula, the part of the retina that enables us to see detail). The presence of floaters may indicate a hemorrhage and flashing lights may indicate retinal detachment.

Early detection and appropriate treatment of diabetic eye disease greatly reduces the risk of vision loss.

Importance of a Dilated Eye Exam

Part of living with diabetes and preventing eye problems is having a dilated eye examination on at least an annual basis – more often if you have more serious retinopathy. During a dilated exam, your eye doctor will look at your retina for early signs of the diabetic retinopathy, such as leaking blood vessels, retinal swelling (macular edema) and deposits on the retina – all of which are signs of leaking or damaged blood vessels. Having your regular doctor look at your eyes may not be sufficient. Only an eye doctor can fully appreciate and detect signs and symptoms of retinopathy, glaucoma and cataracts.

What else can you do?

Several factors influence whether someone with diabetes develops retinopathy. These include blood sugar control, blood pressure levels, length of time with diabetes and family history. Of the factors you have control over, here are some ways to reduce your risk:

1. Keep your blood sugar levels under tight control. High blood sugar causes damage to blood vessels. For your eyes, this can mean damage to blood vessels in the retina and quite possibly changes in fluid pressure and clouding of the lens. Test your own blood glucose several

times each day, and keep a daily record of your blood glucose levels. Be sure to get a Hemoglobin A1C test from your health care provider every 3 months if you take insulin and at least every 6 months if you don't take insulin. An A1C test measures how much glucose has been adhering to your red blood cells (your blood glucose level) over a longer period (3-4 months).

2. Get high blood pressure under control. High blood pressure can make eye problems worse by increasing damage to blood vessels.

3. Quit smoking.

4. Maintain a healthy diet and exercise regularly.

5. Be sure to see your eye doctor if:

- a. Your vision becomes blurry.
- b. You have trouble reading signs or books.
- c. You see double.
- d. One or both of your eyes hurt.
- e. Your eyes get red and stay that way.
- f. You feel pressure in your eye.
- g. You see spots or floaters.
- h. Straight lines do not look straight.
- i. Your peripheral vision (side vision) is limited.



For more information on diabetic retinopathy, go to www.noaonline.org/consumer.

For further information contact:

Alissa Johnson, Associate Director/Director of Communications Nebraska Optometric Association at (402) 474-7716 or ajohnson@assocoffice.net.

The Nebraska Optometric Association represents over 200 doctors of optometry throughout the state and offers two state-wide public service programs to serve children. Optometrists offer free vision evaluations for any infant through the InfantSEE program and free vision assessments for all three-year-olds through the See to Learn program. Information about both programs is available to consumers on the Nebraska Optometric Association website at www.noaonline.org.

CAN YOUR KITCHEN PASS THE FOOD SAFETY TEST?

A truly clean kitchen is one that ensures safe food and depends on safe food practices which revolve around three main functions: food storage, food handling and cooking. Take this quiz to see how well you're doing.

1. **The temperature of the refrigerator in my home is:**
 - A. 50 degrees Fahrenheit (10 degrees Celsius)
 - B. 40 degrees Fahrenheit (5 degrees Celsius)
 - C. I don't know; I've never measured it.
2. **The last time we had leftover cooked stew or other food with meat, chicken or fish, the food was:**
 - A. Cooled to room temperature, then put in the refrigerator.
 - B. Put in the refrigerator immediately after the food was served.
 - C. Left at room temperature overnight or longer.
3. **The last time the kitchen sink drain, disposal and connecting pipe in my home were sanitized was:**
 - A. Last night.
 - B. Several weeks ago.
 - C. Can't remember.
4. **If a cutting board is used in my home to cut raw meat, poultry or fish and is going to be used to chop another food, the board is:**
 - A. Reused as is.
 - B. Wiped with a damp cloth.
 - C. Washed with soap and hot water.
 - D. Washed with soap and hot water and then sanitized.
5. **The last time we had hamburgers in my home, I ate mine:**
 - A. Rare (140 degrees Fahrenheit)
 - B. Medium (160 degrees Fahrenheit)
 - C. Well-done (170 degrees Fahrenheit)
6. **The last time there was cookie dough in my home, the dough was:**
 - A. Made with raw eggs and I sampled some of it.
 - B. Made with raw eggs and refrigerated, then I sampled some of it.
 - C. Store-bought, and I sampled some of it.
 - D. Not sampled until baked.
7. **I clean my kitchen counters and other surfaces that come in contact with food with:**
 - A. Water
 - B. Hot water and soap.
 - C. Hot water and soap, then bleach solution.
 - D. Hot water and soap, then commercial sanitizing agent.
8. **When dishes are washed in my home, they are:**
 - A. Washed and dried in an automatic dishwasher.
 - B. Left to soak in the sink for several hours and then washed with the same water.
 - C. Washed right away with hot water and soap in the sink and then air-dried.
 - D. Washed right away with hot water and soap in the sink and immediately towel-dried.



Mmm...cookie dough...

9. The last time I handled raw meat, poultry or fish, I cleaned my hands afterward by:

- A. Wiping them on a towel.
- B. Rinsing them under hot, cold or warm tap water.
- C. Washing with soap and warm water.

10. Meat, poultry and fish products are defrosted in my home by:

- A. Setting them on the counter.
- B. Placing them in the refrigerator.
- C. Microwaving.

11. When I buy fresh seafood, I:

- A. Buy only fish that's refrigerated or well iced.
- B. Take it home immediately and put it in the refrigerator.
- C. Sometimes buy it straight out of a local fisher's creel.



Be safe when handling seafood!

12. I realize people, including myself, should be especially careful about not eating raw seafood, if they have:

- A. Diabetes.
- B. HIV Infection.
- C. Cancer.
- D. Liver disease.

ANSWERS:

1. b. - 2 points - 40 F (5 C) or less slows growth of most bacteria and keeps them from multiplying.
2. b. - 2 points - Don't keep food left out more than 2 hours and don't taste test it as even a small amount of contaminated food can cause illness.
3. a - 2 points - Sanitize periodically by pouring down the sink a solution of 1 teaspoon of chlorine bleach in 1 quart of water or a solution of commercial kitchen cleaning agent. Food particles get trapped in the drain and disposal and create an ideal environment for bacterial growth.
4. d - 1 point - Never allow raw meat, poultry and fish to come in contact with other foods. Improper washing with a damp cloth will not remove bacteria and using only soap and water may not either.
5. b or c - 2 points - use a digital or dial food thermometer as some ground meat may brown prematurely before reaching a safe temperature and some may still be pink after reaching a safe temperature. Don't rely on the color of the meat alone.
6. d - 2 points - Cooking egg or egg-containing food product to an internal temperature of at least 160 F (71 C) kills the salmonella causing bacteria. Refrigerating will not kill the bacteria.
7. c or d - 2 points, b - 1 point;
8. a or c - 2 points - Bleach and commercial kitchen cleaning agents are the best sanitizers if they are diluted according to product directions. Hot water and soap may not kill all strains of bacteria and water alone does not kill bacteria.
9. c - 2 points - Wash hands with soap and water for at least 20 seconds before and after handling food. Wash gloved hands just as often because the gloves can pick up bacteria.
10. b or c - 2 points - When thawed on the counter or in the sink without cold water bacteria can multiply in meat, poultry and fish.
11. a or b - 2 points - Buy only from reputable dealers who keep their product refrigerated or properly iced. Once you buy it, put it on ice immediately in the refrigerator or in the freezer.
12. 1 point for any answer - People with certain diseases and conditions may be at risk for serious illness or death from contaminated seafood.

SCORING:

24 points— you can feel confident about the safe food practices you follow in your home.

12-23 points— Re-examine food safety practices in your home as some key rules are being violated.

11 points or below - take steps immediately to correct food handling, storage and cooking techniques used in your home. Your current practices are putting you and other members of your household in danger of food borne illness.

THE TRUTH ABOUT SOME “HEALTHY” FOODS

Many of us have believed for a long time that certain foods are healthy alternatives to others that have obvious fats and sugars. While this is true in many instances, there are some foods that have been touted as “healthy” that actually have added sugars, preservatives and fats. Following is a short list of some of these foods and some alternative choices that will keep you satisfied and give you nutritional benefits.

Instead of:

Chicken Caesar Salad
900 calories, 60 g fat

Tuna Melt
900 calories, 50 g fat

Chicken Wrap
700 calories, 35 g fat

Turkey Burger
850 calories, 50 g fat

Fruit Smoothies
600 calories, 120 g sugars

Yogurt with fruit on the bottom
190 calories, 30 g sugars

Pasta Primavera
800 calories, 40 g fat, 12 g saturated fat

Dried Fruit
175 calories, 45 g sugars

Choose:

Grilled chicken on mixed greens
400 calories, 20 g fat

Roast beef or ham sandwich
500 calories, 15 g fat

Grilled chicken sandwich
375 calories, 15 g fat

7-oz sirloin Steak
350 calories, 20 g fat

100% fruit smoothie
350 calories, 75 g sugars

Plain yogurt with fresh fruit mixed in
110 calories, 15 g sugars

2 slices veggie pizza
400 calories, 20 g fat, 6 g saturated fat

Fresh fruit – an apple or peach
70 calories, 15 g sugars

Caesar salad usually contains a lot of fatty dressing, Parmesan cheese and croutons. If you choose grilled chicken on mixed greens with a balsamic vinaigrette dressing, you will save half the calories.

Plain canned tuna is healthy but tuna with mayo and melted cheese is not. Ham and roast beef have a lot of protein, are satisfying and lean so the same size sandwich can save you 400 calories and 35 grams of fat.

The problem here is the wrap which has up to 400 calories. It has a huge surface area which means more room for dressing, meat and cheese. The grilled chicken sandwich on a bun offers a good balance of fat, carbs and protein. Tip: use BBQ sauce or salsa on the grilled chicken instead of mayo.

If the ground turkey is not all white meat and other toppings are added, the turkey burger can have as much fat and calories as a beef burger. Sirloin is one of the leanest cuts of meat.

Many fruit smoothies contain added sugars and high-fructose corn syrup. A 100% fruit smoothie made with plain yogurt instead of ice cream or sherbet will contain nearly half the calories and much less sugar as well as the vitamins and antioxidants that a smoothie is supposed to have.

A yogurt cup with fruit on the bottom contains as much sugar as a soft drink. Most of what comes from the fruit is high-fructose corn syrup. Mixing plain yogurt with fresh fruit is much better.

In addition to the few vegetables in primavera, there is a lot of butter and cream. If you want to eat pasta, choose red sauce-baked dishes like pasta pomodoro or penne arrabiatta (chili aribara). Even a few slices of cheese or veggie pizza make a smarter choice if you choose thin or regular crust instead of pan and deep dish which have nearly twice the calories.

Dried fruit is not as filling so you are in danger of eating more and not feel any fuller. Many companies add a lot of sugar to the fruit which makes it more like candy. Fresh fruit is more filling with usually less than half the calories and a third of the sugars.

Fish Sandwich

600 calories, 30 g fat, 11 g saturated fat

Chicken Sandwich

300 calories, 13 g fat, 4 g saturated fat

Fish IS healthy, but...battered, fried, with cheese and tartar sauce is not. The “healthy” part is not about the main ingredient but how it is fixed and served. Too many chicken and fish-based dishes are ruined by added accompaniments. Any menu item that uses the word “crispy” will most likely not be grilled. Fish or chicken that is grilled and dressed with fresh produce and a low-cal sauce like BBQ, ketchup or mustard is the better choice.

Adapted from WebMD. Please note some of the portions are larger than recommended for some individuals.

Healthy Eating Tips

From the National Diabetes Information Clearinghouse

<http://www.diabetes.niddk.nih.gov/>

What are healthy ways to eat fruits?

Eat fruits raw or cooked, as juice with no sugar added, canned in their own juice, or dried.

Buy smaller pieces of fruit.

Choose pieces of fruit more often than fruit juice. Whole fruit is more filling and has more fiber.

Save high-sugar and high-fat fruit desserts such as peach cobbler or cherry pie for special occasions.

What are healthy ways to eat vegetables?

Eat raw and cooked vegetables with little or no fat, sauces, or dressings.

Try low-fat or fat-free salad dressing on raw vegetables or salads.

Steam vegetables using water or low-fat broth.

Mix in some chopped onion or garlic.

Use a little vinegar or some lemon or lime juice.

Add a small piece of lean ham or smoked turkey instead of fat to vegetables when cooking.

Sprinkle with herbs and spices.

If you do use a small amount of fat, use canola oil, olive oil, or soft margarines (liquid or tub types) instead of fat from meat, butter, or shortening.



What are healthy ways to eat starches?

Buy whole grain breads and cereals.

Eat fewer fried and high-fat starches such as regular tortilla chips and potato chips, French fries, pastries, or biscuits. Try pretzels, fat-free popcorn, baked tortilla chips or potato chips, baked potatoes, or low-fat muffins.

Use low-fat or fat-free plain yogurt or fat-free sour cream instead of regular sour cream on a baked potato.

Use mustard instead of mayonnaise on a sandwich.

Use low-fat or fat-free substitutes such as low-fat mayonnaise or light margarine on bread, rolls, or toast.

Eat cereal with fat-free (skim) or low-fat (1%) milk.

Saint Elizabeth Regional Medical Center

Diabetes Education Update **Valentines, Diabetes, Heart Disease and Chocolate!**



Saturday, **February 14**
9:00 am – 12:00 pm

Saint Elizabeth Regional
Medical Center
Lower Level
Rose Room

On **Valentine's Day**, learn about diabetes and how it can affect your heart from Dr. Suzanne Vandenhul and Dr. Boshra Rida at Antelope Creek Family Physicians. Find out what kinds of foods you should eat to help improve your cholesterol numbers and keep it under control. Is it a myth that **chocolate** can be good for your heart???

Learn the signs and symptoms of a heart attack in someone with diabetes. Hear how the hospital responds to a "Cardiac Alert" and what you can do to save precious time in a cardiac emergency from Patsy Gleim, Director Cardiovascular Services at Saint Elizabeth.

This class is **FREE!**
Bring a friend or family member.

To register for this class call Saint Elizabeth TLC at 219.7000

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Nebraska Has its First Flu Case, Still Time to Get a Flu Shot

DHHS News Release December 9, 2008

Lincoln—Nebraska has its first laboratory-confirmed case of influenza for 2008, according to the Nebraska Department of Health and Human Services. The case is from Lancaster County.

"We now know for certain that flu is here in Nebraska," said Dr. Joann Schaefer, Chief Medical Officer. "The best thing you can do to protect yourself from it is to get your flu shot."

Influenza can be a serious illness. It leads to 200,000 hospitalizations and 36,000 deaths in the United States every year.

The very young, the very old, and those with compromised immune systems are most susceptible to viruses. Getting the flu can lead to pneumonia—a frequent cause of death among the elderly.

An antiviral can be prescribed by a physician within the first 48 hours of the appearance of symptoms. This can lessen the symptoms of the disease. After 48 hours, it is generally not effective.

Antibiotics won't work on viruses like influenza. Antibiotics won't make a patient feel better, recover quicker or keep others

from getting sick. Widespread use of antibiotics is fueling an increase in drug-resistant bacteria.

"Antibiotics are not a cure-all," Dr. Schaefer said. "They just don't work at all on viruses."

It is especially important to get a flu shot now.

"Holidays mean parties and get-togethers where people mingle and spread viruses," she said. "By getting immunized against influenza, you can greatly reduce your chances of becoming ill."

Hand washing can also reduce the chances of contracting viruses like influenza.

"Hand washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness," Dr. Schaefer said. "Viruses can be on everything you touch—door knobs, keyboards, toilet handles, dishes, etc."

Good hand washing involves wetting your hands with warm, running water, lathering well for 20 seconds, scrubbing all surfaces, and drying with a clean towel. Alcohol-based hand sanitizers are an alternative to hand washing when soap and water aren't available.

Sound bites on this topic are available at:


<http://www.dhhs.ne.gov/audio/>

Contact: Marla Augustine, Communications and Legislative Services, (402)-471-4047, or marla.augustine@nebraska.gov

**DON'T GET
THE FLU.
DON'T SPREAD
THE FLU.**

GET VACCINATED.

cdc.gov/flu

If You Have
Diabetes,
A **Flu Shot**
Could Save
Your **Life.**

If you live with diabetes, you are more likely to die with the flu. Talk to your doctor.

This message brought to you by the US Dept of Health & Human Services and the Centers for Disease Control & Prevention. www.cdc.gov/diabetes

Poor Sleep, Poor Blood Sugar Control May Go Together



A study that appears in the *Archives of Internal Medicine* shows that if you have type 2 diabetes and don't get enough or have poor-quality sleep, it may result in worse blood sugar control than for those who were well-rested.

The study wasn't conclusive whether sleep loss makes diabetes worse or if the diabetes interferes with sleep, but it does suggest that people with diabetes should give themselves the opportunity to get enough sleep.

The participants in the study reported how much sleep they got and how much they thought they needed. They also rated the quality of their sleep and their hemoglobin A1c levels were checked. The average weeknight sleep reported was six hours. Only 6% reported getting at least eight hours of sleep and only 22% obtained at least seven hours of sleep. About seven in ten reported having poor-quality sleep. The hemoglobin A1c levels were worse in those who said they got too little sleep and/or who reported poor-quality sleep.

The researchers also divided the participants into those with and without diabetes complications. For those without diabetes complications, the hemoglobin A1c levels related to how much sleep they got and how much they thought they needed. In patients with diabetes complications, the sleep quality was more strongly tied to hemoglobin A1c levels than not getting as much sleep as they thought they needed.

The conclusion was that both the amount of sleep and the quality of sleep mattered, with some difference in people with and without diabetes complications.

Testing in the future will center around whether improving sleep length and quality will improve blood sugar control in people with type 2 diabetes. The researchers note that sleep loss has become increasingly common in modern society which may be contributing to the current epidemic of type 2 diabetes.

February is American Heart Month

Most people with diabetes have health problems -- or risk factors -- such as high blood pressure and cholesterol that increase one's risk for heart disease and stroke.

When combined with diabetes, these risk factors add up to big trouble. In fact, more than 65% of people with diabetes die from heart disease or stroke. With diabetes, heart attacks occur earlier in life and often result in death.

By managing diabetes, high blood pressure and cholesterol, people with diabetes can reduce their risk.

-American Diabetes Association www.diabetes.org

For more information on heart disease go to www.hearthub.org
For heart disease in women go to www.dhhs.ne.gov/hearttruth

New Staff Member

Andrea Riley, RN, BSN, joined us as the Community Health Nurse for the NE DPCP in November. She will work closely with primary care clinics and rural health centers on diabetes quality improvement and will provide educational workshops on diabetes and care management. She is also available as a resource for diabetes related questions. You can contact her at 402-471-0162 or andrea.riley@nebraska.gov



Good Recipes for the Bad Economy

These recipes are easy, healthy and won't break the bank. From *Healthy Diabetes Recipes and More, Nebraska DPCP*

Recipe

Lentil Soup

2 cups dried lentils
4 cups cold water
1/2 teaspoon salt
1/4 teaspoon pepper
1 medium onion, diced
1 28-ounce can low-sodium tomatoes
2 garlic cloves, crushed
2 bay leaves



Exchanges

3 Starch, 1 Very Lean Meat

Calories 247
Total Fat 1 g
Saturated Fat.....trace
Cholesterol.....0 mg
Sodium.....203 mg
Carbohydrate.....44 g
Dietary Fiber.....10 g
Protein.....19g
Potassium.....816 mg
Calcium.....70 mg

Rinse lentils. Place all ingredients in a saucepan and bring to a boil. Cover and simmer over low heat for 2 to 2.5 hours, or until tender, adding water as desired. Remove bay leaves before serving. Makes 6 servings. Freezes well.

Recipe

Turkey Chili

2 cups chopped, cooked turkey*
1/2 cup chopped onion
1/2 cup chopped green pepper
2 cups cooked red beans
1 cup water
1 6-ounce can low-sodium tomato paste
1 28-ounce can tomatoes
1 tablespoon chili powder
1/2 teaspoon garlic powder
*browned ground turkey may also be used



Exchanges

2 Very Lean Meat, 1 carbohydrate

Calories 303
Total Fat 1g
Saturated Fat.....trace
Cholesterol.....40 mg
Sodium.....277 mg
Carbohydrate.....27g
Dietary Fiber.....8 g
Protein.....122 g
Potassium.....994 mg
Calcium.....98 mg

Combine all ingredients in a large saucepan. Cover and simmer over low heat for 30-60 minutes, or until all the flavors are blended. Makes 6 servings.



Nebraska Department of Health
and Human Services

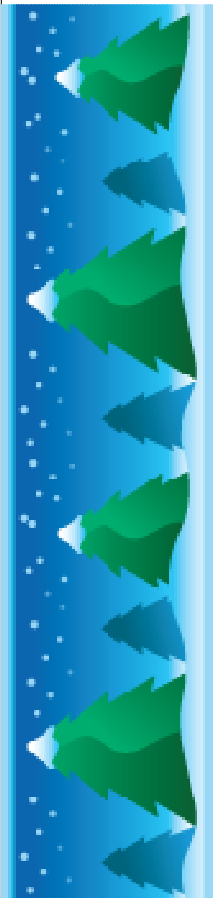
Nebraska Department of Health and Human Services
Diabetes Prevention and Control Program
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Lincoln, NE 68509-5026

25-47-00

Address Service Requested

Phone: 1-800-745-9311
Fax: 402-471-6446
E-mail: diabetes@nebraska.gov

<http://www.dhhs.ne.gov/diabetes>



Want To Sign A Friend Up to Receive the Diabetes Newsbeat?

Name: _____

Address: _____

Email Address: _____

City: _____

State: _____ Zip: _____ - _____

Phone (Optional) _____

☐ I have access to the internet but do not have Email

Patient/Public ☐

Professional ☐

Mail to: Department of Health and Human Services
Diabetes Prevention and Control Program
301 Centennial Mall South
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Attn: Newsletter Mailing List